

EXAM PREPARATION TO DO LIST

**MADE
FROM
MORE**

DATE

/ /

| TIME | ACTIVITY |
|-------|----------|
| 06.00 | |
| 07.00 | |
| 08.00 | |
| 09.00 | |
| 10.00 | |
| 11.00 | |
| 12.00 | |
| 13.00 | |
| 14.00 | |
| 15.00 | |
| 16.00 | |
| 17.00 | |
| 18.00 | |
| 19.00 | |
| 20.00 | |
| 21.00 | |

OTHER TASKS

| ✓ | TASK |
|-----------------------|------|
| <input type="radio"/> | |
| <input type="radio"/> | |
| <input type="radio"/> | |
| <input type="radio"/> | |
| <input type="radio"/> | |

MEALS

| PLAN YOUR MEALS | |
|-----------------|--|
| BREAKFAST | |
| LUNCH | |
| DINNER | |

HYDRATE

| WATER TRACKER | | | | | |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| | | | | | |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

*'If you stress now, you'll be stressed forever.
If you prepare now, you'll be content forever.'*

Nigel Tamuka Masube, Business Entrepreneurship and Innovation student

